

Breakout Group: Worksites

## RI Summit: Healthy Living & Active Living Collaborative

### Breakout Group: Worksites

Please choose your top five objectives, then **rank** (1-5) according to priority, with 1 being your top priority.

- \_\_\_\_ 1.) Increase the number of worksites that implement farm-to-worksite programs.
- \_\_\_\_ 2.) Increase the number of worksite cafeterias that provide healthy food options for employees.
- \_\_\_\_ 3.) Increase the number of worksites that provide healthy food and beverage options in vending machines.
- \_\_\_\_ 4.) Increase the number of worksites that implement Farmers Market programs.
- \_\_\_\_ 5.) Increase the number of worksites that implement Healthy Food and Beverage policies for worksite functions, meetings and events.
- \_\_\_\_ 6.) Increase the number of worksites that provide calorie and key nutrient information at point of purchase.
- \_\_\_\_ 7.) Increase the number of worksites that implement programs to reduce screen time.
- \_\_\_\_ 8.) Increase the number of worksites that implement policies that support physical activity.
- \_\_\_\_ 9.) Increase the number of worksites that have programs or facilities that support physical activity.
- \_\_\_\_ 10.) Increase the number of worksites that implement policies or programs that encourage active transportation.

\_\_\_\_ 11.) Increase the number of worksites that offer employee benefit plans that reduce the cost of physical activity programs.

\_\_\_\_ 12.) Increase the number of worksites that implement healthy eating and active living campaigns.

\_\_\_\_ 13.) Launch a statewide media campaign to promote healthy eating and active living.

\_\_\_\_ 14.) Increase the number of worksites that implement policies, programs and environments that support breastfeeding mothers.

\_\_\_\_ 15.) Increase the number of worksites that implement multi-component weight management programs, which include both physical activity and nutrition.

## RI Summit: Healthy Living & Active Living Collaborative

**Breakout Group:** *Worksites*

**Topic Area:** *Nutrition*

*1.) Increase the number of worksites that implement farm-to-worksite programs.*

### **Example Strategies:**

- 1.) Partner with Worksite Wellness Council of RI, Farm Fresh RI and *Get FIT RI* to identify worksites that might be interested in implementing farm to worksite programs.
- 2.) Provide training for Worksite Wellness Council and *Get Fit RI* in how to implement a farm to worksite program.
- 3.) Provide technical assistance in program implementation at chosen worksites.
- 4.) Advocate for legislation that provides tax incentives for businesses to purchase local produce.
- 5.) Provide training, technical assistance and resources for food service providers in worksites.
- 6.) Include implementing a farm-to-worksite initiative as an award criterion in the Governor's Worksite Award Program.

### **Additional Strategies:**

---

---

---

---

---

---

## RI Summit: Healthy Living & Active Living Collaborative

**Breakout Group:** *Worksites*

**Topic Area:** *Nutrition*

2.) *Increase the number of worksite cafeterias that provide healthy food options for employees.*

### **Example Strategies:**

- 1.) Provide a wide variety of fruits and vegetables in cafeterias.
- 2.) Provide training for Worksite Wellness Council and *Get Fit RI* in how to provide training and technical assistance for worksite cafeteria staff regarding healthy meal options.
- 3.) Advertise and promote healthy meal options to employees.
- 4.) Use incentive based approaches to encourage the sale of fruits and vegetables in cafeterias (i.e., pricing strategies that promote fruit and vegetable sales).
- 5.) Include healthy food options in the cafeteria as an award criterion in the Governor's Worksite Award Program.

### **Additional Strategies:**

---

---

---

---

---

---

## RI Summit: Healthy Living & Active Living Collaborative

**Breakout Group:** *Worksites*

**Topic Area:** *Nutrition*

3.) *Increase the number of worksites that provide healthy food and beverage options in vending machines*

### **Example Strategies:**

- 1.) Partner with Worksite Wellness Council, *Get Fit RI*, Kids First and Healthy Food Vendors to increase healthy vending options at worksites.
- 2.) Assist worksite in identifying vendors who sell healthy vending products.
- 3.) Adopt state nutrition guidelines for all food available at worksites.
- 4.) Invite worksites to Healthy Food Trade Shows.
- 5.) Use incentive based approaches to encourage the sale of fruits and vegetables in vending machines (i.e., pricing strategies that promote fruit and vegetable sales).
- 6.) Include healthy vending options as an award criterion in the Governor's Worksite Award Program.

### **Additional Strategies:**

---

---

---

---

---

---

## RI Summit: Healthy Living & Active Living Collaborative

**Breakout Group:** *Worksites*

**Topic Area:** *Nutrition*

*4.) Increase the number of worksites that implement Farmers Market programs.*

### **Example Strategies:**

- 1.) Partner with DEM, Farm Fresh RI, Worksite Wellness Council, Food Stamp Nutrition Education Program, Johnson & Wales to implement Farmer's Markets at worksites.
- 2.) Provide worksites with training, technical assistance and toolkits for setting up markets.
- 3.) Incorporate nutrition education, taste testing and cooking demos at the markets.
- 4.) Disseminate recipes and nutrition education brochures at the markets.
- 5.) Partner with Johnson and Wales chefs, the Food Stamp Nutrition Education Program, etc. to host fruit and vegetable tasting events at the market.
- 6.) Develop and implement communication plan for publicizing the market to employees.
- 7.) Develop and implement incentives to increase participation (i.e., raffles, longer breaks, etc.).
- 8.) Include implementing a Farmer's Market as an award criterion in the Governor's Worksite Award Program.

### **Additional Strategies:**

---

---

---

---

---

---

## RI Summit: Healthy Living & Active Living Collaborative

**Breakout Group:** *Worksites*

**Topic Area:** *Nutrition*

*5.) Increase the number of worksites that implement Healthy Food and Beverage policies for worksite functions, meetings and events.*

### **Example Strategies:**

- 1.) Partner with Worksite Wellness Council, *Get FIT RI* to work with employers in policy implementation.
- 2.) Provide training and technical assistance in the development and implementation of this policy.
- 3.) Provide a wide variety of fruits and vegetables at worksite functions and meetings.
- 4.) Include implementation of a Healthy Food and Beverage Policy as an award criterion in the Governor's Worksite Award Program.

### **Additional Strategies:**

---

---

---

---

---

---

## RI Summit: Healthy Living & Active Living Collaborative

**Breakout Group:** *Worksites*

**Topic Area:** *Nutrition*

*6.) Increase the number of worksites that provide calorie and key nutrient information at point of purchase.*

### **Example Strategies:**

- 1.) Provide training for worksite food service providers regarding how to determine and post key nutrient information.
- 2.) Develop and disseminate a toolkit to assist worksites in providing nutrient disclosure.
- 3.) Include nutrient disclosure as an award criterion in the Governor's Worksite Award Program.

### **Additional Strategies:**

---

---

---

---

---

---

## RI Summit: Healthy Living & Active Living Collaborative

**Breakout Group:** *Worksites*

**Topic Area:** *Screen Time*

*7.) Increase the number of worksites that implement programs to reduce screen time.*

### **Example Strategies:**

- 1.) Partner with WWCRI.
- 2.) Develop a screen time module to be used in worksite wellness programs.
- 3.) Offer a worksite challenge or a week of after work events during TV Turnoff Week.

### **Additional Strategies:**

---

---

---

---

---

---

## RI Summit: Healthy Living & Active Living Collaborative

**Breakout Group:** *Worksite*

**Topic Area:** *Physical Activity*

8.) *Increase the number of worksites that implement policies that support physical activity.*

### **Example Strategies:**

- 1.) Partner with WWCRI.
- 2.) Utilize Wellness University trainings to teach about evidence based PA policies and their benefits.
- 3.) Supply model policies, best practices and guidelines.
- 4.) Mobilize employees to demand policies that encourage PA.
- 5.) Develop model policies such as extended breaks or flex time, and incentives such as vacation time or discounts for participation.
- 6.) Include in Governor's award.
- 7.) Provide TA.

### **Additional Strategies:**

---

---

---

---

---

---

## RI Summit: Healthy Living & Active Living Collaborative

**Breakout Group:** *Worksite*

**Topic Area:** *Physical Activity*

9.) *Increase the number of worksites that have programs or facilities that support physical activity.*

### **Example Strategies:**

- 1.) Partner with WWCRI, YMCAs, and local fitness centers. Look into FitCorp or other onsite providers.
- 2.) Mobilize employees to demand improved facilities and programs.
- 3.) Supply worksites with BP and guidelines at Wellness Universities.
- 4.) Include in Governor's award.
- 5.) Identify funding for programs and facilities like lockers, fitness centers and bike racks.

### **Additional Strategies:**

---

---

---

---

---

---

## RI Summit: Healthy Living & Active Living Collaborative

**Breakout Group:** *Worksites*

**Topic Area:** *Physical Activity*

*10.) Increase the number of worksites that implement policies or programs that encourage active transportation.*

### **Example Strategies:**

- 1.) Partner with Bike Downtown and use their worksite coordinator guide and training; replicate their on site coordinator model; expand their materials to cover walking and bussing.
- 2.) Advocate for active transportation options or changes that would improve active transportation.
- 3.) Provide TA to identify and train worksite active transport coordinators.
- 4.) Provide them with ongoing TA.
- 5.) Provide worksites with education on the benefits of an active trans coordinator, examples of successful programs, etc.
- 6.) Provide Coordinators with BP, model policies and guidelines.
- 7.) Develop model policies and offer incentives such as parking buy backs, dress down days, discounted bus passes, etc.
- 8.) Link employers with RIPTA's worksite programs.
- 9.) Identify funding sources for bike racks, showers, stipends for coordinators, etc.
- 10.) Develop a social marketing campaign that depicts active transportation as fun, easy, popular, cost beneficial and healthful.

### **Additional Strategies:**

---

---

---

---

---

---

## RI Summit: Healthy Living & Active Living Collaborative

**Breakout Group:** *Worksites*

**Topic Area:** *Physical Activity*

*11.) Increase the number of worksites that offer employee benefit plans that reduce the cost of physical activity programs.*

### **Example Strategies:**

- 1.) Partner with insurers to decide how to best promote their top of the line plans with employers.
- 2.) Mobilize employees to demand low cost, high quality plan options that support PA.
- 3.) Educate employers about benefits of offering these plans at low cost, such as reduced sick time and increased productivity.
- 4.) Partner with researchers to pilot this as a research project, possibly through state worksites.
- 5.) Providing some kind of incentive to employers who make these plans available to employees.
- 6.) Include on the Governor's worksite award criteria.

### **Additional Strategies:**

---

---

---

---

---

---

## RI Summit: Healthy Living & Active Living Collaborative

**Breakout Group:** *Worksites*

**Topic Area:** *Communications and Media*

*12.) Increase the number of worksites that implement healthy eating and active living campaigns.*

### **Example Strategies:**

- 1.) Partner with Worksite Wellness Council of RI, *Get FIT RI*, ICHP to develop and implement healthy eating and active living campaigns at worksites.
- 2.) Provide training and technical assistance to worksites in development of campaigns.
- 3.) Provide worksites with adaptable interventions.

### **Additional Strategies:**

---

---

---

---

---

---

## RI Summit: Healthy Living & Active Living Collaborative

**Breakout Group:** *Worksites*

**Topic Area:** *Communications and Media*

13.) *Launch a statewide media campaign to promote healthy eating and active living.*

### **Example Strategies:**

- 1.) Advocate for broadcasters to provide time for messages that encourage weight management through a healthy diet and physical activity.
- 2.) Provide media with clear and consistent messages about obesity prevention and targeted behaviors (i.e., energy balance, nutrition, physical activity, screen time and breastfeeding).
- 3.) Partner with NECON to develop and implement a Healthy Weight Icon to appear on food containers, food labels, menus, vending machines, supermarket items, TV and print ads.

### **Additional Strategies:**

---

---

---

---

---

---

## RI Summit: Healthy Living & Active Living Collaborative

**Breakout Group:** *Worksites*

**Topic Area:** *Breastfeeding*

*14.) Increase the number of worksites that implement policies, programs and environments that support breastfeeding mothers.*

### **Example Strategies:**

- 1.) Partner with the Physician's Committee on Breastfeeding in Rhode Island, local businesses, Chambers of Commerce, Worksite Wellness Committee and *Get FIT RI*.
- 2.) Research community-based intervention programs for employer outreach to support breastfeeding in the workplace.
- 3.) Develop mechanism to recognize and promote breastfeeding friendly worksites.
- 4.) Develop material for intervention program (i.e., sample policies and procedures, promotional and instrumental materials for breastfeeding rooms, funding information, training module) in coordination with materials developed by Best Start.
- 5.) Test materials with community partners, employers and Chambers of Commerce.
- 6.) Adapt materials for Rhode Island employers based on feedback.
- 7.) Develop and implement plan to deliver intervention program to community partners and employers.
- 8.) Produce and distribute materials, and post on HEALTH website.
- 9.) Partner with Chambers of Commerce to provide information to small businesses.
- 10.) Provide breastfeeding education and access to relevant community resources to employers and their employees.

### **Additional Strategies:**

---

---

---



## RI Summit: Healthy Living & Active Living Collaborative

**Breakout Group:** *Worksites*

**Topic Area:** *Healthy Weight*

*15.) Increase the number of worksites that implement multi-component weight management programs, which include both physical activity and nutrition.*

### **Example Strategies:**

- 1.) Partner with Worksite Wellness Council, *Get Fit RI*, Health Insurers and ICHP to develop and implement weight management programs.
- 2.) Consider including the following components, including both nutrition and PA:
  - Training in behavioral techniques, support groups,
  - Prescriptions for aerobic/strength training exercise
  - Provision of self-help materials
  - Tailored educational materials
  - Group or supervised exercise sessions.
- 3.) Provide training and technical assistance in program development and implementation.
- 4.) Assist worksites in identifying program funding.
- 5.) Develop communication plan for advertising program to employees.
- 6.) Implement worksite recognition/award program.
- 7.) Provide incentives for worksites to implement worksite wellness program by offering tax credits.

### **Additional Strategies:**

---

---

---

---

---

---

